**2. YOUTUBE SCRIPT – “***I Asked ChatGPT to Run My Day – Here’s What Happened”*

**[HOOK]**  
Do you ever sit down to work and end up scrolling endlessly? You’re not lazy—your brain is wired that way. But what if you could *rewire* it?

In the next 3 minutes, I’ll show you **science-backed habits** that will help you stop wasting time and start getting things DONE.

**[SECTION 1 – The Real Reason You Procrastinate]**  
Most people think procrastination is a time management issue. But science says—it’s emotional.

According to Dr. Tim Pychyl, procrastination is an emotional regulation problem. You avoid tasks not because they’re hard, but because they make you *feel bad*—anxious, bored, or unsure.

So, the fix isn’t a better to-do list. It’s managing your emotions around tasks.

**[SECTION 2 – Habit #1: The 5-Minute Rule]**  
The brain resists starting tasks. Trick it with the **5-Minute Rule**:

“I’ll just do it for 5 minutes.”

This overcomes inertia. Often, once you start, you keep going.  
It’s backed by Newton’s First Law: objects in motion stay in motion—including your motivation.

**[SECTION 3 – Habit #2: Dopamine Detox**]  
Social media hijacks your brain’s dopamine system.  
Do a **dopamine detox**—avoid high-dopamine distractions for just 1 hour before working.

This resets your brain’s reward system so that boring tasks feel easier to start.

**[SECTION 4 – Habit #3: Visualize the Win]**  
Visualization isn’t just for athletes. Studies show visualizing the reward of finishing a task boosts motivation and focus.

Before starting work, close your eyes and picture the benefit: the grade, the applause, the peace.

**[CONCLUSION]**  
You’re not lazy—you’re just stuck in a mental loop.

Break the cycle with:

* The 5-minute rule,
* Dopamine detox, and
* Visualization.

**Hit pause on procrastination. Start now.**

**2. YOUTUBE SCRIPT – *Science-Backed Habits to Stop Wasting Time***

**[HOOK]**  
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